LOVE:

A NEW THEORY

ZARAHSTRA

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Preface

This book stems from a simple and radical distinction: love is not what culture has always said it was. It is not a feeling, not an emotion, not a bond, not a need, not an outward movement. It is an internal state of coherence of the human being when it is not contracted.

This idea does not belong to philosophical tradition, nor to psychology, nor to spirituality. It does not derive from a theoretical system, it is not the result of a school, it is not an academic elaboration. It is a phenomenological intuition: it arises from the direct observation of internal experience when it is undisturbed.

Culture has constructed love as a container in which it has placed everything: emotion, desire, attachment, idealization, suffering, fusion, fear. But when a word contains everything, it no longer means anything. This is why love has become a confused, fragile, unstable concept. A concept that does not describe, but distorts.

This book does not add a new interpretation of love. It does the opposite: it strips away everything that isn't love. It strips away narrative, it strips away psychology, it strips away culture, it strips away tradition. And what remains is something surprisingly simple: love as the natural form of the human being when it is not contracted.

This theory was not created to deny love, but to restore its precise meaning. It was not created to reduce the relationship, but to distinguish it from love. It was not created to propose an alternative model, but to clarify what has always been invisible because it was confused with something else.

The reader will not find stories, examples, metaphors, advice, or emotions in these pages. He will find distinctions. He will find definitions. He will find a structure.

He will find a new—and at the same time elementary—way of understanding what culture has complicated for centuries.

This book is short because love, in its purest form, is simple. It is the confusion surrounding love that is complex.

What follows is not a story. It is a theory. A new theory. A theory that separates what culture has fused and restores love to its original nature: not a feeling, but a coherence.

"Love is my internal state of coherence. Relationships are resonances between two evolving systems. It's not habit: it's dynamic compatibility." - ZARAHSTRA

Chapter 1 — The Fundamental Distinction: Love vs. Relationship

The original error of culture is using the same word for two completely different phenomena: love and relationship. This confusion has generated millennia of misinterpretations, inconsistent expectations, needless suffering, and theories that fail to describe the reality of the human being.
Love is internal. Relationship is external.
Love is a state. Relationship is a phenomenon.
Love is internal coherence. Relationship is resonance between two systems.
When these two levels are fused, the human being loses his bearings: he seeks in the other what can only exist within himself, and attributes to the relationship qualities that belong to his own internal structure.

1.1 Love as an Internal State

Love is not an outward movement. It is not an emotion. It is not a feeling. It is not a bond.
It is the state of the human being when he is not contracted: when his internal axes are aligned, when there is no fracture between what he feels, what he thinks, and what he does.
In this state, the human being is whole. And wholeness does not depend on anyone else.

1.2 Relationship as an Emergent Phenomenon

Relationships are not born of love. They arise from the encounter between two systems.
Two systems can:
• resonate
• interfere
• repel each other
• ignore each other
• amplify each other
• disturb each other
Relationships are dynamic phenomena, not stable containers. They guarantee nothing. They promise nothing. They define nothing.

1.3 The Cultural Error

Culture has done the opposite: it has defined love as what happens between two people, and the relationship as the place where love "lives."

This is a conceptual error. Love does not live in the relationship. Love lives in the individual.
The relationship is merely the place where the quality of the two systems meeting is observed.

1.4 Consequence of the Distinction

When love is internal, the relationship is no longer a need, a refuge, a completion, a guarantee. It becomes a resonance field.
And when the relationship is a resonance field, it cannot be confused with love.
This distinction is the basis of the entire theory.

Chapter 2 — Internal Coherence: The Natural Form of the Human Being

Internal coherence is the state in which a human being is aligned with himself. It is not an emotional state. It is not tranquility. It is not peace. It is internal order.
Coherence is the structure that allows love to exist as a natural state.

2.1 What is Internal Coherence?

It is the state in which:
• what you feel
• what you think
• what you say
• what you do
are aligned on the same axis.
There is no fracture. There are no double levels. There is no internal contradiction.
Coherence is not perfection: it is the absence of division.

2.2 Contraction

Contraction is the opposite of coherence. It is what happens when a human being:
• betrays himself
• adapts
• fragments himself
• forces himself
• denies himself
• divides himself
Contraction is an internal distortion that prevents love from emerging as a natural state.
A contracted human being cannot love, because he is not himself.

2.3 Coherence as a Condition for Love

Love is not an emotion that arrives. It is not an event. It is not an encounter.
It is the natural consequence of internal coherence.
When a human being is whole, love is present. When a human being is fragmented, love is absent.
Not because they "don't feel love," but because they are not in a state that allows it.

2.4 Effects of Coherence on Relationships

A coherent human being:
• does not ask from the other what they lack
• does not use the relationship to compensate
• does not confuse resonance with fusion
• does not mistake attraction for love
• does not mistake habit for compatibility
Internal coherence makes the relationship a free phenomenon, not a place of compensation.

2.5 Coherence as a Natural Form

Coherence is not a goal. It is the original form of the human being when it is not distorted.
Love, therefore, is not something to be achieved: it is something that emerges when distortion disappears.

Chapter 3 — Resonance: When Two Systems Meet

Resonance is the phenomenon that occurs when two systems come into contact and produce a mutual effect. It is not love. It is not fusion. It is not destiny.

It is a physical phenomenon, observable, describable.

3.1 What is resonance?

Two systems can:
• amplify each other
• attenuate each other
• disturb each other
• ignore each other.
Resonance does not depend on will. It does not depend on intention. It does not depend on desire.

It is an emergent phenomenon: it occurs when two structures come into contact.

3.2 Resonance does not mean compatibility.

Culture confuses resonance with love. Serious confusion.
Resonance can be:
• intense
• immediate
• magnetic
• destabilizing
But it guarantees nothing. It says nothing about the quality of systems. It says nothing about their coherence.

3.3 Resonance and Distortion

When a system is contracted, resonance is distorted:
• It amplifies lack
• It activates dependence
• It creates idealization
• It generates confusion
Resonance is not an indicator of truth. It is an indicator of contact.

3.4 Resonance and Relationship

Relationship is where resonance manifests itself. But resonance is not the relationship: it is only its first movement.
Relationship is a dynamic phenomenon. Resonance is an instantaneous phenomenon. Confusing them means building relationships on unstable foundations.

Chapter 4 — Dynamic Compatibility: Why Love Is Not a Bond

Dynamic compatibility is the condition in which two systems can evolve without contracting. It is not stability. It is not habit. It is not security.

It is a movement.

4.1 What is dynamic compatibility?

Two systems are compatible when:
• they do not contract each other
• they do not cancel each other out
• they do not distort each other
• they do not force each other
• they do not overlap
Compatibility is not "feeling good together." It is not losing coherence in the encounter.

4.2 Why love is not a bond

The bond is static. Love is dynamic.
The bond requires:
• permanence
• continuity
• definition
• guarantee
Love requires nothing. It exists as an internal state, independent of the relationship.

4.3 Compatibility and movement

Dynamic compatibility is an evolutionary phenomenon:
• it changes
• it adapts
• it transforms
• it redefines itself.
It is not a fixed point. It is a trajectory.

4.4 When Compatibility Is Lacking

When two systems are incompatible:
• one contracts
• one fragments
• one adapts
• one dies out
The relationship can continue, but internal coherence cannot.
And without internal coherence, love cannot exist.

Chapter 5 — Cultural Errors: 2000 Years of Conceptual Confusion

Culture has built the idea of love on a fundamental conceptual error: it has attributed to relationships what belongs to the individual. It has confused internal phenomena with external phenomena. It has fused levels that should remain distinct.

This confusion has generated an entire architecture of incoherent concepts.

5.1 Love as a Feeling: The Primary Distortion

Culture has defined love as an emotion. But emotions are:
• reactive
• unstable
• context-dependent
• influenced by personal history
Love, in its natural form, is not reactive. It is not unstable. It is not context-dependent. It is an internal state of coherence.

Confusing emotion and state has led to:
• idealization
• dependence
• unrealistic expectations
• relational suffering
Not because love is complex, but because the definition is flawed.

5.2 Love as a Bond: Imposed Staticity

Culture has transformed love into a bond:
• "If you love me, you stay"
• "If you love me, choose me"
• "If you love me, you don't change"
The bond is static. Love is dynamic.
The bond requires permanence. Love requires consistency.
These two phenomena are incompatible.

5.3 Love as Sacrifice: The Glorification of Contraction

Culture has constructed the idea that loving means giving up oneself. But giving up is contraction. Contraction prevents love.
A human being who sacrifices himself does not love: he fragments.
Culture has glorified fragmentation as a virtue.

5.4 Love as Completion: Idealized Dependence

The "you complete me" narrative is a distortion. An incomplete human being cannot love: he seeks in the other what he lacks.
Love does not complete. Love emerges when nothing is missing.
Culture has mistaken dependence for depth.

5.5 Love as Destiny: Mythologized Resonance

Culture has interpreted resonance as destiny. But resonance is only a phenomenon of contact between two systems.
It can be:
• intense
• immediate
• magnetic
• destabilizing
But it guarantees nothing. It says nothing about compatibility. It says nothing about coherence.
Culture has transformed a physical phenomenon into a prophecy.

5.6 Love as Stability: The Confusion Between Order and Immobility

Culture has defined love as stability. But stability can be:
• habit
• fear of loss
• mutual dependence
• shared contraction
Stability is not an indicator of love. It is an indicator of the absence of movement.
Coherence is order. Stability is immobility.
Culture has confused order and immobility.

5.7 The final mistake: the fusion of levels

Culture has confused:
• love with emotion
• relationship with bond
• resonance with destiny
• compatibility with habit
• coherence with tranquility
This theory was born to correct the original mistake:**l’amore non è un fenomeno relazionale. È uno stato interno.**

Chapter 6 — Phenomenological Examples: Concrete Cases of Coherence and Incoherence

Phenomenological examples aren't there to tell stories. They're there to show structure: how coherence manifests, how contraction manifests, how resonance is observed, how compatibility is distinguished from mere intensity.
They are abstract, non-personal cases that illustrate how systems work.

6.1 Case A — Intense Resonance, Zero Compatibility

Two people meet and feel an immediate resonance: attraction, intensity, magnetism.
Culture calls it "love at first sight."

Phenomenologically, it's just resonance.

After a short time:
• one contracts
• the other adapts
• the relationship becomes unstable
The resonance was real. The compatibility wasn't.

6.2 Case B — Compatibility Without Resonance

Two people meet and there's no immediate attraction. Culture interprets this as "there's no chemistry."

Phenomenologically, it's just the absence of initial resonance.
But:
• neither person contracts

• neither person loses coherence
• the relationship is stable and clean
Compatibility is present. Resonance can emerge over time.

6.3 Case C — Internal Love, Impossible Relationship

A person is internally coherent: they are not fragmented, they are not contracting, they do not seek compensation. Love is present as a state.
They meet someone who:
• is unstable
• is fragmented
• is contracting
• confuses neediness with love
The relationship cannot work. Not because love is missing, but because dynamic compatibility is lacking.

6.4 Case D — Stable Relationship, No Love

Two people have been together for years. Culture calls it "mature love."
Phenomenologically:
• there is habit
• there is mutual dependence
• there is fear of loss
• there is contracted stability
The relationship is stable. Love is absent.

6.5 Case E — Mutual Coherence, Free Relationship

Two coherent people meet. They don't seek completion. They don't seek guarantees. They don't seek fusion.
The relationship becomes:
• a field of resonance
• a place of evolution
• a dynamic phenomenon
Love doesn't arise from the relationship: it is already present in each of the two.

6.6 Case F — High Resonance, Low Coherence

Two people are intensely attracted to each other. Culture calls it "chemistry."
Phenomenologically:
• one of the two is incoherent
• the other amplifies their distortion
• resonance becomes an accelerant of contraction
The relationship seems "strong," but it is only amplified instability.

6.7 Case G — High Coherence, Intermittent Resonance

Two coherent people meet. Resonance is not constant: it varies.
Culture interprets it as "uncertainty."
Phenomenologically:
• Resonance is a dynamic phenomenon
• Compatibility is stable
• The relationship does not contract
Intermittent resonance is not a problem: it is a natural phenomenon between two autonomous systems.

6.8 Case H — No Resonance, No Compatibility

Two people meet and nothing happens: no attraction, no resonance, no interference.
Culture ignores it.
Phenomenologically, it is an important case:
• No resonance
• No contraction
• No compatibility
• No emergent phenomenon
It is proof that not everything that does not resonate is "wrong": there is simply no phenomenon.

6.9 Case I — Selective Resonance, Partial Compatibility

Two people resonate only in some areas:
• Mental
• Aesthetic
• Intellectual
• Physical
But in other areas:
• One contracts
• The other stiffens
• The relationship loses balance.
Culture calls this "character incompatibility."
Phenomenologically:
• the resonance is sectoral
• the compatibility is incomplete
• the relationship is unstable
It's not a failure: it's a structural mismatch.

Chapter 7 — Structural Metaphors: Images that Clarify the Theory

Structural metaphors make the abstract visible. They are not decorations. They are cognitive tools that reveal the shape of the phenomenon. The metaphors presented here do not describe emotions: they describe structures.

7.1 The Internal Magnetic Field
Love is like an internal magnetic field: invisible, yet it orders everything it touches.
When the field is intact: • the lines are regular • the force is stable • the system is coherent
When the field is distorted: • the lines break • the force disperses • the system contracts
The relationship does not create the field: it reveals it.

7.2 The Two Frequencies
Two human beings are like two frequencies.
If they are coherent: • they do not cancel each other • they do not overlap • they do not distort
If they are incoherent: • they interfere • they disturb each other • they contract
Compatibility is not “liking each other”: it is not distorting each other.

7.3 The Binary System
A relationship is a binary system: two autonomous centers generating an emergent phenomenon. It is not fusion. It is not symbiosis. It is not completion. It is structural interference.

7.4 The Internal Axis
Coherence is like an internal axis: if it is aligned, the system is stable. If it tilts, everything deforms.
Love is the condition of the aligned axis. The relationship is what happens when two axes meet.

7.5 The Dual Movement
The theory is based on two movements: • internal: coherence • external: resonance
When the two movements are confused, suffering arises. When they are distinguished, clarity emerges.

7.6 The Two Orbits
Two human beings are like two orbits.
If they are coherent: • they maintain their trajectory • they do not collide • they do not invade each other
If one is incoherent: • it deviates • it loses stability • it enters the other's orbit
A relationship is not the fusion of orbits: it is reciprocal influence without loss of axis.

7.7 The Tuning Fork
Two coherent systems are like two tuning forks: if one vibrates, the other responds without distortion. If one is distorted, the vibration breaks.
Resonance is not an emotion: it is a structural response.

7.8 The Permeable Membrane
Every human being is like a permeable membrane: it lets in what does not distort it and repels what would contract it.
When the membrane is intact: • it filters • it selects • it protects coherence
When it is damaged: • it absorbs everything • it overloads • it loses shape
A relationship should not pierce the membrane: it should resonate with it.

7.9 The Suspension Bridge
A relationship is like a suspension bridge between two autonomous structures. If one structure is unstable, the bridge oscillates. If both are coherent, the bridge remains stable even in movement.
The bridge is not love. It is the emergent phenomenon between two coherent systems.

7.10 The Two Pressures
Every system has an internal pressure.
When two pressures meet: • if they are balanced, resonance emerges • if one is too high, the other contracts • if one is too low, the other engulfs it
Compatibility is balance of pressure, not similarity.

7.11 The Transparent Lens
Coherence is like a transparent lens: it does not alter what it observes. Contraction is a distorting lens: it enlarges, bends, alters.
A relationship is not what you see: it is what your lens allows you to see.

Appendix — The theory in summary form

The appendix serves to summarize the theory in a simple, orderly, non-narrative way. It is the bare structure, without examples, without metaphors, without extensions. Here, the theory is reduced to its fundamental elements.

A. Love
Love is an internal state of coherence in the human being. It is not an emotion, not a feeling, not a bond. It is the natural condition of the system when it is not contracted.
• It does not depend on the other
• It does not arise from a relationship
• It does not require reciprocity
• It is not unstable
• It is not reactive
Love is the form of the human being when it is not distorted.

B. Internal Coherence
Coherence is the alignment between:
• What you feel
• What you think
• What you say
• What you do

When these four levels are aligned, the system is whole. When they are misaligned, contraction arises.
Coherence is not tranquility. It is the absence of internal division.

C. Contraction
Contraction is the internal distortion that arises from:
• adaptation
• fear
• denial
• fragmentation
• self-betrayal
Contraction prevents the emergence of love as a state. A contracted system cannot love: it can only react.

D. Relationship
A relationship is an emergent phenomenon between two systems. It is not love. It does not guarantee it. It does not produce it.
A relationship is:
• dynamic
• variable
• influenced by the coherence of the systems
• influenced by their resonance
• influenced by their compatibility
A relationship is a field, not a container.

E. Resonance
Resonance is the effect of the encounter between two systems. It can be intense or absent. It can be stable or intermittent. It does not indicate compatibility.
Resonance is a physical phenomenon, not an emotional one.

F. Dynamic Compatibility
Compatibility is the condition in which two systems:
• do not contract each other
• do not distort each other
• do not cancel each other out
• do not overlap
Compatibility is dynamic, not static. It is not "feeling good together": it is not losing coherence in the encounter.

G. System
Every human being is a system composed of:
• internal axes
• coherence
• movement
• resonance
• internal pressure
The system is autonomous. The relationship does not define it: it reveals it.

H. Fundamental Difference
The central distinction of the theory is:
• Love = internal
• Relationship = external
Confusing the two levels generates:
• suffering
• idealization

• dependence
• distortion
• contraction
Separating them generates order.

I. Final Consequence
Love is not born from the relationship. The relationship does not define love. Resonance is not destiny. Compatibility is not habit. Coherence is not tranquility.

Love is the natural form of the human being when it is not distorted. Relationship is the phenomenon that emerges when two systems meet.

Glossary of Concepts

The glossary serves to eliminate ambiguity. Each term is defined as a phenomenon, not a subjective experience.

Love
Internal state of coherence in the human being. It is not an emotion, a feeling, or a bond. It is the natural form of the system when it is not contracted.

Internal Coherence
Alignment between what you feel, think, say, and do. It is the absence of internal division. It is the condition that allows love to emerge.

Contraction
Internal distortion generated by adaptation, fear, denial, fragmentation. It prevents the emergence of love as a state. It produces incoherence.

Relationship
Emerging phenomenon between two systems. It is not love. It does not produce it. It does not guarantee it.

Resonance
Effect of the encounter between two systems. It can be intense, absent, or intermittent. It does not indicate compatibility.

Dynamic Compatibility
Condition in which two systems do not contract each other. It is dynamic, not static. It's not "feeling good together": it's not losing coherence in the encounter.

System
Internal structure of the human being: axes, coherence, movement, internal pressure. It is autonomous. The relationship does not define it: it reveals it.

Internal axis
Structural line that determines the alignment of the system. When it is tilted, contraction arises. When it is aligned, coherence emerges.

Frequency
Way in which a system expresses itself in the world. Compatibility depends on the absence of mutual distortion, not on similarity.

Internal pressure
Internal strength of the system. When two pressures meet:
• if they are balanced → resonance
• if one is too high → contraction of the other
• if one is too low → incorporation
Compatibility is a balance of pressure.

Membrane
Structural boundary of the system. When intact:
• Filters
• Selects
• Protects coherence
When damaged:
• Absorbs everything

• Loses shape
• Overloads

Interference
The effect of the encounter between two systems when there is no compatibility. It produces distortion, contraction, loss of axis.

Orbit
Autonomous trajectory of the system. The relationship is not a fusion of orbits: it is mutual influence without loss of axis.

Suspension Bridge
Structural metaphor of the relationship as a phenomenon between two autonomous systems. The stability of the bridge depends on the coherence of the two structures.

Internal Lens
The system's perceptual modality. Coherence is a transparent lens. Contraction is a distorting lens.

Dual Movement
Double movement of the theory:
• internal: coherence
• external: resonance
The confusion between the two generates suffering.

Author's Note — Zarahastra

This theory does not arise from an emotion. It does not arise from a personal experience. It does not arise from a story to be told.
It arises from a conceptual breakdown.
For years I have observed a recurring error: human beings confused what happens within themselves with what happens between themselves and others. They called "love" what was resonance, dependence, habit, fear, desire, fusion, contraction. They

attributed to the relationship qualities that belong to the internal structure. They attributed to the other what is the responsibility of their own axis.
I began to distinguish. To separate the levels. To observe phenomena without interpreting them. To eliminate everything that was unnecessary.
The fundamental distinction emerged by itself: love is internal, the relationship is external.
From this breakdown, a system opened up. I saw that love is not an emotion, but an internal state of coherence. I saw that the relationship is not a place of guarantee, but a dynamic phenomenon between two systems. I saw that compatibility is not stability, but the absence of mutual contraction. I have seen that resonance is not destiny, but a physical effect of the encounter between two structures.
The theory was not born to console. It was not born to explain love romantically. It was not born to provide emotional responses.
It was born to order.
To remove ambiguity. To separate what is internal from what is external. To restore to human beings the responsibility for their own coherence. To show that love is not something received, but something that emerges when there is no distortion.
This theory does not pretend to be definitive. It claims to be clear.
It does not ask to be believed. It asks to be observed.

If you observe it, you see that:

• internal coherence is the condition of love
• contraction is its absence
• the relationship is an emergent phenomenon
• resonance is an effect, not a guarantee
• compatibility is dynamic
• love does not depend on the other

This theory adds nothing to the human being. It removes what distorts it.
And when the distortion disappears, love is no longer a mystery: it is the natural form of the human being when it is not contracted.

Zarahastra

Limits of the theory

This theory doesn't describe everything that can happen between human beings. It describes only one thing: the structural distinction between love and relationship.

It doesn't address:
• personal history
• trauma
• attachment

• family dynamics
• social context
These elements exist, but they are not the focus of this model. Here, they aren't denied; they're suspended.

The theory doesn't explain:
• why a person chooses a certain type of partner
• why they stay in an inconsistent relationship
• why they repeat the same patterns
The theory shows how the internal structure works (coherence/contraction) and how it manifests itself in the relationship (resonance/compatibility). It doesn't explain the "biographical why."

This theory is:
• partial: it concerns a specific level of the human phenomenon
• abstract: it works on forms, not on stories
• rigorous: it doesn't deal with emotional exceptions
• limited: it doesn't claim to describe the entire human being
Its purpose isn't to say everything. It's to bring order to a specific point: the confusion between internal love and relational phenomena.
Beyond this perimeter, theory is silent. And silence isn't a lack: it's respect for the limit.

How to read this book

This book doesn't require interpretation. It requires observation.
The theory isn't built to be believed, but to be seen. Each chapter exposes a structural distinction: internal/external, coherence/contraction, resonance/compatibility. These distinctions are not abstract concepts: they are phenomena you can verify directly in your own experience.

To read this book usefully:
• Suspend the idea that love is an emotion
• Suspend the idea that the relationship defines love
• Suspend the idea that resonance is destiny
• Suspend the idea that stability is depth
You don't have to accept the theory. You have to observe whether what it describes happens or doesn't happen.
This book doesn't offer solutions, advice, or techniques. It doesn't tell you how to love, how to choose, or how to behave. It doesn't talk about psychology, trauma, or biography.
It shows the structure.
If the structure is clear, the experience organizes itself. If the structure is confused, the experience distorts.
Read this book like you would a map: not to find answers, but to see where you are.
The theory doesn't tell you what to do. It shows you how the system works.
The rest is your own movement.